



# HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

## HOW TO REDUCE THE WAIST MEASUREMENT QUICKLY.



Raise the arms until finger tips meet.

FOR some time past Dame Fashion has been demanding a smaller waist line, and now she is emphasizing this demand. It is not a question of WILL YOU; but YOU MUST, if you want to look smartly dressed. You must possess a well-modeled, trim-looking figure, as loose, pouchy bodies, with their friendly disguise, are no longer in style, and the waist is now a feature of the figure by reason of its slowness, while for a time past it has been quite a secondary consideration in woman's general appearance.

This does not necessarily mean tight lacing. There are various ways in which the size of the waist may be apparently diminished.

First, easiest and most important is care in selection of your undergarments. There is no excuse now for having any unnecessary fullness at the waist line. Drawers, chemise and corset covers all can be so shaped that there is not an atom of extra fullness, and all petticoats should be made on deep, tight-fitting yokes.

When slowness is desired, select materials that are as soft and sheer as possible. Care in this direction will knock



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off an inch at least from the waist measurement. A well made and properly adjusted corset is a most important factor. Undoubtedly ill-made corsets do more harm than tightly laced ones. Physicians of today have stopped preaching against corsets because they now realize that as a support a corset is a benefit to a woman. It is only when it becomes a cruelly constricting piece of torture that they demur. And no woman

with any degree of sense will resort to really tight lacing. Your dressmaker can help you a lot toward gaining the desired outlines. She can make your bodice fit you exquisitely at the waist line, with just a becoming fullness above. The sleeves should be full at the shoulders, and the skirt should be very full at the bottom. The result is evident. You have apparently reduced your waist line considerably, for, given wide



Walking on all fours helps.



Circle from the waist.

shoulders, a clinging corsege and a voluminous skirt, it stands to reason that the waist must look its smallest in contrast.

If, however, you have a large, bulky waist, and a figure that is far removed from being slight and trim, you need more heroic treatment, and the best plan is to start in a course of exercise to remedy the evil.

The illustrations show some of the simplest and best exercises for the purpose, and each one should be practiced at least twenty times daily.

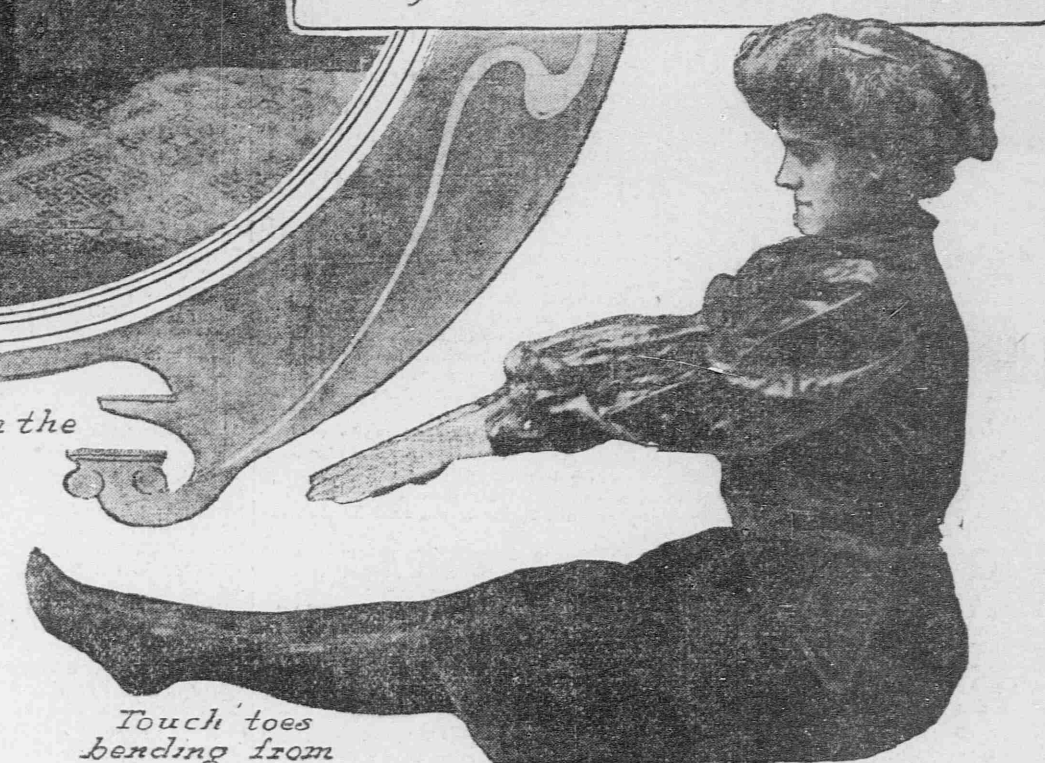
Take the proper standing position, with figure erect and heels together, arms hanging loosely at the sides, then raise the arms until the finger tips touch over the head.

Sit on the floor with the legs outstretched, and without bending the body above the waist touch the toes with the finger tips.

Walking on all fours may seem rather ridiculous, but it is excellent for keeping the waist line small. The following exercise will not only aid you in keeping slim; it will also tend to keep your digestive organs in fine condition.



Have your chemise without fullness



Touch toes bending from waist only

Seal yourself on a chair or stool, low enough for the soles of the feet to rest easily upon the floor. Place the hands on the hips, with the thumbs toward the rear resting on the hip bones, the fingers forward, pressing on the abdomen while the exercise proceeds. Bend the

trunk slowly to the right, bring it forward with a circling movement, and return to erect position. Repeat, bending to the left. This one exercise has worked like magic in many cases where it has been regularly and continuously performed.

## EFFACING YOUR BLEMISHES—MANY VALUABLE RECIPES BY MRS. HENRY SYMES

### About Buttermilk Lotion.

Will you let me know through the columns of your valuable paper what the buttermilk and tansy remedy is used for given in your health and beauty secrets?

CURIOUS.

The buttermilk and tansy lotion is excellent for the complexion and will render it soft and white. It is particularly good to remove sunburn.

### Lost Formula.

Have lost my prescription for the Vaucaire remedy for developing the bust. I would like to have it repeated.

JULIA.

I am giving you herewith formula requested:

DR. VAUCAIRE'S REMEDY.  
Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fenel, 15 grams; simple syrup, 400 grams. The dose is two spoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

### Short, Scanty Eyelashes.

Will you tell me if eyelashes can positively be made thicker and longer, and what remedy I can use? My eyebrows are all right, but my eyelashes are very scant and short. Thanking you in advance, yours very respectfully,

MARY M.

The lotion for which I am giving you formula has been very successful in promoting the growth of eyelashes:

EYEBROW AND EYELASH GROWER.  
Cologne, 2½ ounces; glycerin, 1½

ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients until thoroughly incorporated. Apply to the eyebrows with a brush, and to the lashes with a tiny camel's hair paint brush. The brush should be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

### To Darken the Lashes.

Would you kindly tell me the recipe for the Chinese eyelash stain, and how to use it? Does this in any way retard the growth of the eyelashes?

### CHINESE EYELASH STAIN.

Gum arabic, 1 dram; Indian ink, ½ dram; rosewater, 4 ounces. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder and then add the remainder.

### When the Hair Falls.

As you so kindly help others, I am also going to ask you to kindly help me. My husband's hair is falling out and getting so thin. It is not from sickness, as he has fairly good health; but I don't want him to become bald, and so ask your advice. Also, what is the right color of Vaucaire's tonic? I have seen it red, then green, and both were put up by reliable druggists. Did not know what was right; also the red cost \$1.25 and the green 50 cents. Trusting you will kindly advise, respectfully,

MRS. JOHN M.

Use the following tonic for falling hair. The difference in color in the Vau-

caire remedy is probably caused by the different flavoring syrup that the druggist uses. I cannot explain the difference in price, as commercial rates are not given in this department.

PHENIC ACID, 2 grams; tincture of nuxvomica, 7½ grams; tincture of red cinchona, 30 grams; tincture of cathartides, 2 grams; cologne, 120 grams.

The custom of powdering the hair dates back as far as the sixteenth century, and was first introduced by the nuns in French convents. Those who had occasion to leave the cloisters for any reason were wont to powder their hair, so as to make it appear gray and give them a venerable look. The fashionable dames who so struck with the novel effect of white powder on dark hair that they soon appropriated the device as one of the arts of the worldly toilet. Out of this grew the use of tints in the hair. The Roman women often used blue powder, and later, in 1860, Empress Eugenie set the fashion of using gold powder.

Rome under the empire and Greece during the time of Pericles were seized with a mania for golden hair. The belles and fops of the day devised several methods whereby black locks might be changed to golden yellow, but bleaching did not always succeed. Consequently, quite a trade was established with the fair-haired tribes beyond the Alps, who sold their locks to Latin merchants, to be worn on the heads of Roman dandies.

Many a dame dampened her raven tresses in the strongest of muriatic acid and sat in the sun to bleach her

hair to the coveted yellow. Others used lye and afterward anointed their heads with oil made from goat fat, ashes of the beech tree and certain yellow flowers.

The itinerant barber, who passed down and out when people ceased to use powder in their hair, was quite a personage in his day. He went from house to house, armed with a soap bowl to fit the chin, powder boxes, pomatum and a gratuitous scandal-bearer.

When wigs were in vogue the Roman dandies had in their wardrobe as many wigs as costumes, and when the choice of a wig was made it was necessary to arrange the eyebrows, lashes, and complexion in harmony. It was then that the slaves were specially charged with the task of the face—a delicate operation, called by Cicero "Medicamenta curioris et ruboris."

There were some cunning devices in vogue among the belles of the Old world for giving expression to the eye. The most reckless of them were wont to place a single drop of that deadly poison, prussic acid, in the bottom of a wine glass and hold it against the cheekbone of the face—a delicate operation, called by Cicero "Medicamenta curioris et ruboris."

Each of these was supposed to give clearness and brilliancy, expand the pupil and impart a fascinating full-

ness and mellowness to the eye. Certain slightly pungent and volatile perfumes, such as oil of thyme, were occasionally worn on the handkerchief, causing the eye to glitter and sparkle.

The eye was made to appear large, full and almond shaped by the use of a fine pencil dipped in antimonial sulphur, or Egyptian black, rubbed upon the lids, along the angle.

But, after all, the surest means by which a woman may acquire and preserve the gift of pleasing is to be young in spirit if not in years, and every bit as pretty as is possible with all the legitimate means at her command. If she is always kind and gentle, always ready to give to others the sunniest side of her nature.

### Brown Almond Icing.

This underlay is a decidedly unique feature. Beat the whites of six eggs to a stiff froth. Work two pounds of almonds which have been blanched and pounded in a mortar, with rosewater to a stiff paste. Mix the almond paste and egg whites together and add by degrees two pounds of pounded loaf sugar (confectioners' sugar may be substituted). When the cake is done spread the icing smoothly over it and place in a cool oven to brown.

side of my mouth. Kindly advise me how to massage my throat. I am anxious to remedy it.

To remove this obdurate line, massage with the cushion of your hand—using a good skin food. Smooth the line just as you would smooth a wrinkle out of a piece of silk or satin—gently, but firmly

and with many movements. Then squeeze and pinch and twist the muscles gently all around it in such a direction as will tend to fill up the crease, but do not bruise the flesh.

### To Make the Hair Crispy.

Will you kindly send me the formula for a preparation for oily hair. My hair is so oily that I have to wash it every week. Please help me out by giving me something to make it dry.

Mrs. T. F.

LOTION FOR OILY, DAMP HAIR.  
For greasy, moist hair the following is an excellent drying lotion. If used daily it tends to produce a crispy condition:

Powdered bicarbonate of soda, borate of soda (also powdered), 1 ounce of each; eau de cologne, 1 fluid ounce; alcohol, 2 fluid ounces; distilled water, 16 ounces.

Mix and agitate until solution is complete.

To Remove Pittings.  
I have lately become an interested reader of this department, and would like to ask: Can you give me a formula to erase smallpox pittings; also the name of skin food (if any) to use? I am twenty-two years old. Do please give this your kind and helpful attention. Thanking you in advance, I remain,

AN ARDENT ADMIRER.

I fear you will need the services of a skin specialist to remove the pittings, but you can greatly improve the appearance of your skin by frequent massage. I am giving you formula for a good skin food; the witch hazel cream has also proved beneficial in such cases. The lotion for scurs has been successful in removing slight scars.

WITCH HAZEL COLD CREAM.  
One ounce each of white wax and spermaceti, ½ pint of oil of almonds,

Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 3 ounces of rosewater, and 1 ounce of witch hazel and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold. This cream is particularly useful to heal sore or stretched skin.

SKIN FOOD.  
White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; coconut oil, 2 ounces; orange-flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 20 drops. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin and lastly the orange-flower water.

TO REMOVE SCARS.  
Lanolin, 2 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a day.

Too Short-Waisted.  
Can you kindly advise me how to lengthen the waist? I have a very good figure with this exception; am a little short-waisted. Also, would you kindly advise a good wash for brightening and easing the eyes? Have tried one or two of your formulas and find them very beneficial.

Hoping to hear from you through next week's column, am, thankfully,

J. H. M.

The proper arrangement of clothing will do more than almost anything else to lengthen the appearance of the waist. Try to keep your hips slight, and be very careful to get a long-waisted corset and adjust it properly. Wear all of line. For your eyes use the following lotion.

EYE WASH.  
One teaspoonful of pure boracic acid; 15 drops of camphor; two-thirds of a cup of boiling water. Cool, strain through muslin and apply with an eye cup.